



Tesoro Cross Country Team Contract

I. **Practice** – The following procedures will be adhered to regarding team practice:

- A. All team members are expected at every practice. If there are one or more absences in a week, the Head Coach will decide if the athlete is eligible to participate in the next meet. Athletes with more than 3 unexcused absences may be dismissed from the team. The athlete's grade may be affected as well, 3 absences can be one letter grade.
- B. Practice will take place daily (including designated Saturdays without meets). In case of rain, the team WILL practice, so be prepared to dress for activity. On meet days everyone is expected to participate, on Invitational meet days everyone selected to participate is expected to participate.
- C. If you are going to miss practice, you must present a note, email, or phone call to Coach Smathers or Phelps BEFORE practice. If you become ill and must go home, have your parents call or email that night to confirm your absence.
- D. All athletes must dress for every practice. If you are injured, you will still dress for practice but the extent of your participation in the workout will be determined based on where and what the injury is. If you cannot participate in a workout or meet you are expected to help with the workout or at the meet.
- E. All athletes are expected to arrive to practice and begin their warm-up routine on time (20 minutes after the bell). Monday (2:01) Tues/Thurs (1:12) Wed/Fri (3:05)
Excessive late arrivals may result in suspension from meets or dismissal from the team.
- F. Athletes will practice in the training group decided by the Head Coach.

II. **Meet Days** – Athletes are expected to attend all meets and compete to the best of their ability.

- A. All athletes will be entered in every meet. Athletes with injuries, illnesses, missed practices, special circumstances, etc.. may be held out of a meet based on the Head Coach's decision. All meets are mandatory unless an altered schedule is agreed upon between athlete and the Head Coach before the first meet.
- B. The coaching staff will utilize the talents of all athletes in this order: 1. The team, 2. The individual.
- C. Your level of competition will vary from meet to meet and will be decided on by the Head Coach.
- D. All athletes must travel to designated league meets on the bus, unless prior transportation is worked out for special circumstances. Athletes are expected to return to school on the bus, although parents/guardians (only) can sign out their own athlete in emergency situations. Parent/guardian may not sign out and take home other athletes.
- E. Athletes are not allowed to run outside races during the Cross Country season.
- F. All athletes are expected to represent Tesoro, their teammates, and the coaching staff in a positive way. Foul language, disrespectful behavior, defiance, etc.. will not be tolerated and may result in dismissal from team.
- G. During the Cross Country season, it is assumed that Cross Country is your top priority athletically. You are expected to make all meets on the schedule that you qualify for. If you have a conflict with a club sport, it is expected that you work out a schedule with your Head Coach at the beginning of the season.

III. **Responsibilities of Team Members:**

- A. All athletes are required to report all injuries to the coaches. You will be sent to the trainer if necessary. Do not report to the trainer unless a coach has told you to do so. (Note: sore muscles, minor pains, blisters, etc. are "pains," not injuries).

III. **Responsibilities of Team Members (cont):**



2017





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- B. All athletes are expected to display proper male/female conduct at all times. Kissing, holding hands, sitting on laps, etc. will not be tolerated and may result in dismissal from the team.
- C. Team members must realize that coaching decisions are made with the welfare of the team taking precedence over the desires of any individual team member.
- D. Violation of any team policy will be reviewed by the coaches and penalties will be assessed as the staff sees fit. A build-up of minor offenses (tardiness, not listening during meetings, etc.) or major offenses may result in an athlete being dismissed from the team.
- E. Athletes must finish the season in order to be eligible for awards, Varsity Letters, end of season parties, etc..
- F. If an athlete has a problem, they must meet with the Head Coach to see if they can work it out. If unsuccessful, the athlete, parents, and coaches can meet.
- G. Absolutely no hazing is allowed. In the State of California it is considered illegal and those involved can be subject to criminal prosecution. Such acts can and will result in expulsion from the team. Hazing refers to any activity that humiliates, degrades or risks emotional or physical harm, regardless of the person's willingness to participate.

IV. **Varsity Attitude** – Varsity level athletes must meet these expectations to remain varsity (just being fast does not mean you are a varsity athlete!) Varsity Attitude is:

- Enthusiasm that has the athlete show up on time, or early, to each workout and meet.
- The willingness to do what the coach asks without complaining.
- The desire to work as hard as possible at all times.
- The eagerness to do more work and volunteer for extra tasks.
- Cheerfulness at the privilege of being able to work out and compete.
- Team spirit exhibited by cheering on all teammates all the time.
- The graciousness in being polite to all competitors before, during and after competitions.

Remember, being on varsity does not mean that you somehow have the privilege of doing less --instead, it means that you have the honor of doing more!

Any exceptions to the above rules are subject to the Head Coach's decision.

Cross Country at Tesoro High School is a team sport. Coaches will provide all workouts and coaching for their athletes. We encourage parents to support all athletes and coaches involved in the program. Please do not encourage your athlete to do workouts, races, events, etc.. that conflict with the training plan provided by the coaching staff. Support of the team that your child and other community students/athletes have chosen to participate on will enhance our chances of reaching our final goal of being a great Cross Country Program. Please support **POSITIVE** communication with our coaches and provide positive encouragement for all involved.

I have read the Team Contract and I understand and agree to abide by it.

(Print Student Name) _____ (Signature) _____

Grade Level _____

(Parent Signature) _____

(Date) _____



2017

